

**PROPOSED AMENDMENTS TO THE CLAIMS**

1. (Currently amended) A dietary supplement consisting essentially of:
  - a. a first ingredient consisting ~~essentially~~ of: a water-soluble extract of cinnamon;
  - b. a second ingredient consisting ~~essentially~~: of creatine monohydrate, and/or a creatine magnesium chelate; and
  - c. optionally, at least one carbohydrate;

wherein said water-soluble extract of cinnamon functions synergistically with said second ingredient at a daily intake of between 10 and 2,000 milligrams of said water-soluble extract of cinnamon and between 100 and 25,000 milligrams of said second ingredient to increase the uptake of creatine by a muscle of a subject by an insulin dependent pathway and said water-soluble extract of cinnamon decreases glucose intolerance.

2-9 (Canceled)

10. (Previously presented) The dietary supplement of claim 1, wherein the carbohydrate is selected from the group consisting of dextrose, maltose, maltodextrin and trehalose.

11. (Previously presented) The dietary supplement of claim 1 wherein element (a) is present in an amount from about 0.1 mg to about 100 mg per gram of dietary supplement and element (b) is present in an amount from about 10 mg to about 900 mg per gram of dietary supplement and the dietary supplement lacks said at least one carbohydrate.

12. (Previously presented) The dietary supplement of claim 11 wherein said at least one carbohydrate is present in an amount of from about 1 mg to about 950 mg per gram of dietary supplement.

13-21 (Canceled)

22. (Previously presented) The dietary supplement of claim 1, wherein said water-soluble extract of cinnamon is further characterized in that it is comprised of a fraction of cinnamon which is soluble in 0.1 N acetic acid.

23. (Canceled)

24. (Currently amended) The dietary supplement of claim 1, wherein element (a) is present in the amount of 2 mg per gram of the dietary supplement, and element (b) is present in an amount of 94 104 mg per gram of the dietary supplement and the at least one carbohydrate is present.